

LGBTQ+ Mental Health and Healthcare Resources in North Dakota

Crisis Resources

- Trans Lifeline: 1-877-565-8860
- Trevor Project: 1-866-488-7386
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- In North Dakota: 211 *from a landline*

Affirming Mental Health Service Providers

- The NDSU Family Therapy Center has compiled a list of LGBTQ+ Affirmative Therapists in the region. Therapists on this list have undergone training to become Affirmative Therapists. Learn more: <http://tinyurl.com/NDLGBTQ-Therapy>
- They also provide the following list of questions to ask a therapist to determine if they will provide affirming care:
 1. Do you support lesbian, gay, bisexual, transgender people and their relationships?
 2. What type of professional education do you have in working with LGBT clients?
 3. What kind of training have you had in working with the LGBT population?
 4. What is your experience working with LGBT clients?
 5. What is your experience working with transgender/gender creative/gender nonconforming clients?
 6. What kind of training have you received on gender identity?
 7. Are you familiar with the WPATH *Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People*?
- **For providers**
 - Familiarize yourself with the WPATH Standards of Care at WPATH.org
 - Learn more about the LGBTQ Affirmative Mental Health Alliance at <https://www.ndsu.edu/hdfs/ftc/lgbtmha/>

Affirming Medical Health Service Providers

- GLMA Provider Directory for ND: <http://tinyurl.com/NDLGBTQ-Doctors>
- Trans Health Clinic Directory (US): <http://www.trans-health.com/clinics/> or <http://tinyurl.com/WPATH-Directory>
- Additional National Health Resources: <http://darcycorbitt.org/resources>
- **For providers:** continuing education opportunities
 - <http://www.lgbthealtheducation.org/lgbt-education/webinars/>

North Dakota Transgender Health Care Options

- **Fargo:**
 - Adults: Dr. David Newman: (701) 234-7980
 - Youth: Dr. Luis Casas: (701) 234-2431
 - Veterans: Dr. Willian Newman: (701) 232-3241
- **Grand Forks:**
 - Adults: Dr. William Zaks: (701) 780-5000
- **Bismarck-Mandan:**
 - Adults: Dr. Thomas Hutchens or Dr. Janice Bury: (701) 530-6000
- **Minneapolis/St. Paul, MN:**
 - Adults: Family Tree Clinic (no letter necessary): (651) 645-0478
 - Youth: Dr. Eric Meininger (651) 645-0478